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Mentoring the Mentor

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Mentor goals:

- To declare what is possible and establish a commitment to that possibility
- Address personal and professional barriers limiting the ability to serve
- Evolution of vision/mission/ethics that drive success
- Create immediate action steps to apply learning and growth
- Construct the round table of applied trophologists

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Mentoring the mentor:

- Who are the mentors? - Practitioners
- Who are we mentoring? - Patients and GAP
- What's the purpose? - Optimized life
- How does it work? - Whatever you learn you teach someone else (anyone else)
- Who's is included? - Self selection, you pick yourself
Mentoring the mentor:
- Each participant attends monthly teleconferences (1 hour in duration, 4th Thursday of month) creating a round-table discussion/exploration of the dynamics and details of a nutrition-based holistic practice.
- Each participant chooses a colleague in his/her world to convey the notes and information—no information squandering.
- Issues/problems/questions are considered a learning process for everyone, although individual's remain anonymous.
- All questions, comments, case studies to be directed through email to SP rep who will compile and include in next teleconference (must be submitted 10 days prior).

The Story -
In the absence of the patient's story – you're practicing veterinary medicine!
Dr. Arthur Kleinman, Harvard Medical School

What matters -
More important than knowing what kind of disease the patient has, is knowing what kind of patient has the disease.
Dr. William O. Delo
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Observed thought changes

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7 Pillars of Healing

- Endocrine/Hormonal – Disruption & Depression
- Glycemic Management – Insulin/Cortisol Dysregulation
- pH Bioterrain – Net Acid Excess
- Inflammatory Status – Cumulative Repair Deficit
- Immune Burden – Toxicity, Infection & Infestation
- Circulatory Status – Arterial, Venous & Lymphatic Competence
- Complete Tropho-Restorative Cycles – Uninterrupted Processes of Repair, Fortification & Synchrony
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7 Pillars of Healing
The possibility of human greatness (all manner of healing)
Genetic physiological genius
Foundational
parthenon
of health
–
homeostatic optimization

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3 - pH Bioterrain

- Net Acid Excess (NAE)
- Controlling H+ ions is complex and expensive to the body when constantly overwhelmed with metabolic and environmental stress.
- Saliva and urinary pH quickly tell the story.
- Alkaline increases intensity, while decreases intensity.

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H2O is mainly what we are!

- H2O makes up 75% of body mass in adults ranging from 70% of neonate to 50% in elderly.
- Intracellular water is 25% in men and 20% in women.
- H2O serves as primary medium for transport of nutrients and oxygen to the cells and removal of waste; also plays a role in creating organ form and temperature regulation.
- Dehydration occurs because insufficient electrolytes hold the water in osmotic balance.
- Dehydrated further dilutes and leeches the minerals.
- Minerals concentrate water.
- Recommendation is for at least 64 oz H2O per day.

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Minerals are diverse

- Minerals serve a diverse range of functions.
- Bone formation through hydroxyapatite from calcium and phosphate.
- Messenger molecule from calcium binding to various proteins acts as signal.
- Ionic, osmotic balance creating electrical gradients maintained by all macronutrients.
- Trace elements associate with enzymes or proteins serving structural, catalytic, or binding roles.
- Ultratrace minerals are required solely for the synthesis of specialized organic compounds unique to mammalian life (thyroxin, seleno-proteins, etc).

Minerals and their deficiency

- From the 90 elements occurring naturally in environment, 22 are essential to life, constitute 4% of total body weight.
- The organic nutrients (proteins, carbohydrates, lipids, vitamins) are made up of 6 elements – hydrogen, carbon, nitrogen, oxygen, phosphorus, sulfur.
- Minerals or inorganic nutrients are grouped by the amount of each element required by the body.
- Macroelements (require greater than 100 mg/day) – calcium, phosphorus, magnesium, sodium, potassium, chloride, and sulfur supplied by amino acids.
- Microelements are 2 groups:
  - Trace elements (1-10 mg/day) – iron, zinc, manganese, copper, fluorine.
  - Ultratrace elements (less than 1 mg/day) – selenium, molybdenum, iodine, chromium, boron, cobalt.
- To understand minerals is to understand the crossover from inorganic to organic – this is where life becomes alive.
- Mineral deficiency leads to a lack of life.

Bone formation and management

- 99% of body calcium found in bones and teeth.
- 60-66% of bone weight is due to minerals, remaining 34-40% from water, ground substance, and protein (80-85% collagen).
- Hydroxyapatite is crystal lattice-like substance found in bones and teeth.
- Substances enhancing calcium absorption are vitamin D, sugar, sugar alcohols, protein.
- Substances inhibiting calcium absorption are fiber, phytate, oxalate, excessive cations (Mg, Zn), unabsorbed fatty acids.
- Nutrients enhancing urinary calcium excretion are sodium, protein, caffeine.
- Nutrients whose absorption is inhibited by calcium are ascorbic acid, oxalic acid, citric acid, Mg, Zn, and unabsorbed fat.
- Calcium absorption is increased by vitamin D, increases appetite.
- Calcium absorption is regulated in the distal nephron.
- Nutrients whose absorption is inhibited by calcium are ascorbic acid, oxalic acid, citric acid, Mg, Zn, and unabsorbed fat.
- Calcium absorption is decreased by vitamin D, decreases appetite.
- Calcium absorption is regulated in the proximal tubule.
- Nutrients whose absorption is enhanced by calcium are vitamin D, increases appetite.
- Calcium absorption is increased in the distal nephron.
- Nutrients whose absorption is decreased by calcium are ascorbic acid, oxalic acid, citric acid, Mg, Zn, and unabsorbed fat.
- Calcium absorption is decreased in the proximal tubule.
- Nutrients whose absorption is enhanced by calcium are vitamin D, increases appetite.
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**Calcium Cuff Test**

- Use BP cuff around the calf muscle to determine at what pressure cramping onsets.
- Less than 120 indicates ionic calcium deficiency or hormonal inability to mobilize calcium.
- Chewing supplement can help select what support is needed by an immediate greater than 10% increase in pressure.

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**Bio-terrain pH balance**

- Many experts agree that pH should be kept to 6.87.2, but in acidic world even 7.3 is not too high.
- Emergency alkalosis appears alkaline when it is only body stores straining to offset the acidity.
- The urine represents the effects of your food, the saliva conveys the blood.
- To reduce acidity reduce meat, soft drinks, coffee, alcohol, sugar, fast foods, avoid interrupted sleep, avoid pesticide exposure, decrease mental/emotional stress.
- Increasing pH - ionic calcium use Calcium Lactate (6) or powder (1 tsp), Organic Minerals (6), Glutamine (1K mg), Chlorophyll (2), SP Greenfood (2).

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**Buffering pH**

- Buffering pH is accomplished by three mechanisms:
  - Bicarbonate Buffer System – weakest intra & extracellular buffering, but because CO2 can be regulated by the lungs and HCO3 by the kidneys the blood pH can be shifted up and down.
  - Phosphate Buffer System – stronger buffering system, essentially but only 1/12 as concentrated in extracellular fluids therefore less potent.
  - Protein Buffer System – same mechanism of binding H+ as Bicarbonate buffering, however in intracellular only (studies suggest that 75% of all chemical buffering is intracellular).
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Research – Link between Osteoporosis and Acidosis

- Bone growth halts at puberty – adults osteoclastic and osteoblastic actions
- Normal remodeling half-life of bone is 3 years
- 500-900% increase in osteoclastic rat bone resorption with just 0.2 pH decrease
- Human study showed venous pH decrease from 7.37 to 7.33 causing significant calcium release from bone independent of osteoclastic or parahormone activities


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Calcium to Phosphorus Ratio

- 2.5 is healthy ratio Ca/P
- When ratio is high too much calcium compared to phosphorus skewing physiology toward plaquing and circulatory issues
- Ratio too low means not enough calcium skewing towards immune incompetence and vulnerability to tolerance of dangerous cellular activity
- Calcitriol (1 Tspn), Calcium Lactate (3-6), Calcium (3-6) for rapid suppletion of calcium are easy ways to increase ionic calcium
- Circuplex (3-6) is best way to increase phosphorous

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Degeneration/Regeneration

- Clinical term is re-modeling – can refer to heart patterns or bone structure
- If tissue can pattern itself after deficiency and imbalance, then it follows it will remodel based on suppletion and balance
- Degeneration is a snapshot of a remodeling process – if we can demonstrate change in structure or function we can prove remodeling in a positive way – the one sure engagement for the client
- This is the one thing that nutritional therapy can accomplish that pharmaceuticals cannot
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**Dust to dust**
- Why do some people activate and others cannot be turned on?
- Mineral competence
- Trace minerals, Organically Bound Minerals, Calcified Calcium, Lactate Magnesium, iodinome, prolamine, Cataplex GTF
- The genius of Catalyn is that it is a mineral-based supplement
- Colloidal Minerals — Crops grown on organic soils create colloidal minerals
- Dust to dust: depletion and food processing and lifestyle (coffee) are not getting the mineral substrate required for healthy life that we were receiving 50 - 100 years ago.

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**Breath of life**
- Electrical potency, body of light: all organic products are by definition more electrical than synthetics because of this
- Can you enliven the mineral world – breathe the breath of life into the dust
- Hormonal competence controls the mineral kingdom
  - Pituitary: Directs mineral control through kidney & adrenals
  - Thyroid: Controls mineral balance and especially calcium
  - Thymus: Calcium is dominant in dealing with immune targeting
  - Adrenals: Controls sodium & potassium
  - Pancreas: Controls chromium & zinc
  - Gonads: Affected by phosphorus

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**Acid/Alkaline Foods**

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The Experiment
- Many people are profoundly enhanced in their lifestyle by using mineral supplementation – some get no results
- Some people are profoundly enhanced by using glandular supplementation – some get no results
- To marry these two mechanisms can increase clinical outcomes simply by promoting the partnership in the body to use and direct the mineral actions
- Pillar #1 + Pillar #3 = balanced physiology

Adrenal Function Test - Ragland's
- Use BP cuff around biceps muscle to determine BP & pulse reading after 4 minutes, then repeat after standing up within 45 seconds (Standing 130/80)
- If numbers do not increase by at least 8 indicates various degrees of hypoadrenia
- Systolic inadequacy means adrenal fatigue (6 Drenammin, Licorice 1 tsp for low BP, 6 Rehmannia Complex, Korean Ginseng 2 tsp)
- Diastolic inadequacy means kidney fatigue (6 Renafood)
- Pulse rate inadequacy means heart fatigue (4 Cardioplus)
- Medical term “Tilt Table Test”

pH Bioterrain Pillar
- pH Test strips (pH Test Pen) 6
- Cardioplus 6
- Calcium Lactate (6), Powder 1 tsp, Calsol (4), Calamo (4)
- Greenfood (4), Organically Bound Minerals (6), Magnesium Complex (6), Complexes (6)
- Acid/Alkaline chart on food and drinks
- Net Acid Excess (NAE)
- Controlling H+ ions is complex and expensive to the body when constantly overwhelmed with metabolic and environmental acidosis
- Salivary and urinary pH quickly tells the story
- Acidosis increases intensity, inflammation, anxiety
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A Clinical Study – Auto-Immune

Charlie (56 years old) retired police officer presented 10/26/02 with diagnosis of Myasthenia Gravis with chronic severe respiratory infection and reflux both secondary to long-term prednisone use, low energy, slow start, loss of taste, hair loss, blepharptosis, cramps and aches in lower extremities.

Recorded extensive case history, Calcium cuff test 110 mm, Ragland’s reclining 156/96 (66) standing 128/75 (82), Muscle testing exam, determined to begin Endocrine Pillar – Symplex M (3-3), BCSO (1-1), Essential Fatty Acid blend; Bio-terrain Pillar – Calcifood (1Tbsp), L-Glutamine (1.5 g); Circulatory Pillar – Cardioplus (3-3); Immune Pillar – Cataplex AC (6-6), Sesame Oil (3-3), Allerplex (7-7), Broncafect (2-2).

Returned in one month reporting no dry eyes, recovery of taste, loss of eye puffiness, less neck stiffness, reflux gone (med. stopped), cramps & aches gone, hair loss gone, depression and worry gone, energy level up.

Full of hope and renewed in his work.

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Charlie continued

Throughout the course of next for years achieved multiple successes including reversal of CAD by 30% in 3 months obviating the need for a angiogram, complete consistent control of respiratory infections with no use of antibiotics since commencement.

Finally one month ago reported from neurologist complete remission of MG due to chronic repair of autoimmune factors especially cell membrane repair.

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How do we live?

The value of experience is not seen much, but seen wisely.
The good physician treat the disease, the great physician treats the patient.

My favorite prescription is time in divided doses.

He could achieve his work load by following a tight schedule, an inefficient manager this he managed this by saying, “through the day, it is only for the hour and its allotted work.”

Dr. William Osler


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**Cause -**

You can trace every sickness, every disease, and every ailment to a nutritional deficiency.

Dr. Linus Pauling, Winner of Nobel Peace

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**Action steps for tomorrow**

1. Consider every patient interaction for possible mineral and endocrine partnership support
2. Prepare to do Calcium Cuff tests and Ragland's to document change in status of mineral/hormonal competence
3. Develop your options for fractional exploration of mineral needs
4. Support the patients you need and leave the folk you can't possibly to affect the outcome
5. Patients need long-term answers in addition to immediate changes the chart - prepare to go the distance
6. Admit what you learn and prepare to implement principles with others - see the patterns in your own - read less exaggerated problems to help uncover subtle competences, your problem is teaching
7. Prepare to have the validation studies prove the merit of what you do by helping people be more healthy with the same thing every day
8. Use Calculdes, Calcium, Magnesium, Organically Bound Minerals, Trace Minerals/B12, Iodomere extensively - think of these things as a salt lick for the whole herd of humans

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**Eternal Truth**

He who does not use his endeavors to heal himself is brother to him who commits suicide.

Proverbs 18:9
Give generously
As you have received